

## Bay Area Beat Announcement

Richmond Refinery Health and Safety Fair: Human Energy

Dates: Thursday, September 15<sup>th</sup> (10:00am – 1:00pm) and Friday, September 16<sup>th</sup> (10:00am – 12:00pm)

Location: Richmond Refinery Cafeteria

The Health and Safety Fair will bring unsurpassed exhibitor displays of the emerging trends related to worksite wellness; concentrating on the areas of work/life balance, nutrition, ergonomics, stress, exercise, outdoor recreation, and home, vehicle, and workplace safety.

Health Screening Opportunities: Cholesterol and Glucose Screening, PSA Screening, Blood Pressure, Vision Screenings, Lung Capacity Function, Gait Assessments, and Much More.

Blood Centers of the Pacific will be here on Thursday from 10am-2pm for blood donations. Anyone who gives blood will get their name put into a drawing to win a \$100 AMEX Gift Check.

And the annual car show!

For any questions, call (510) 242-2749.